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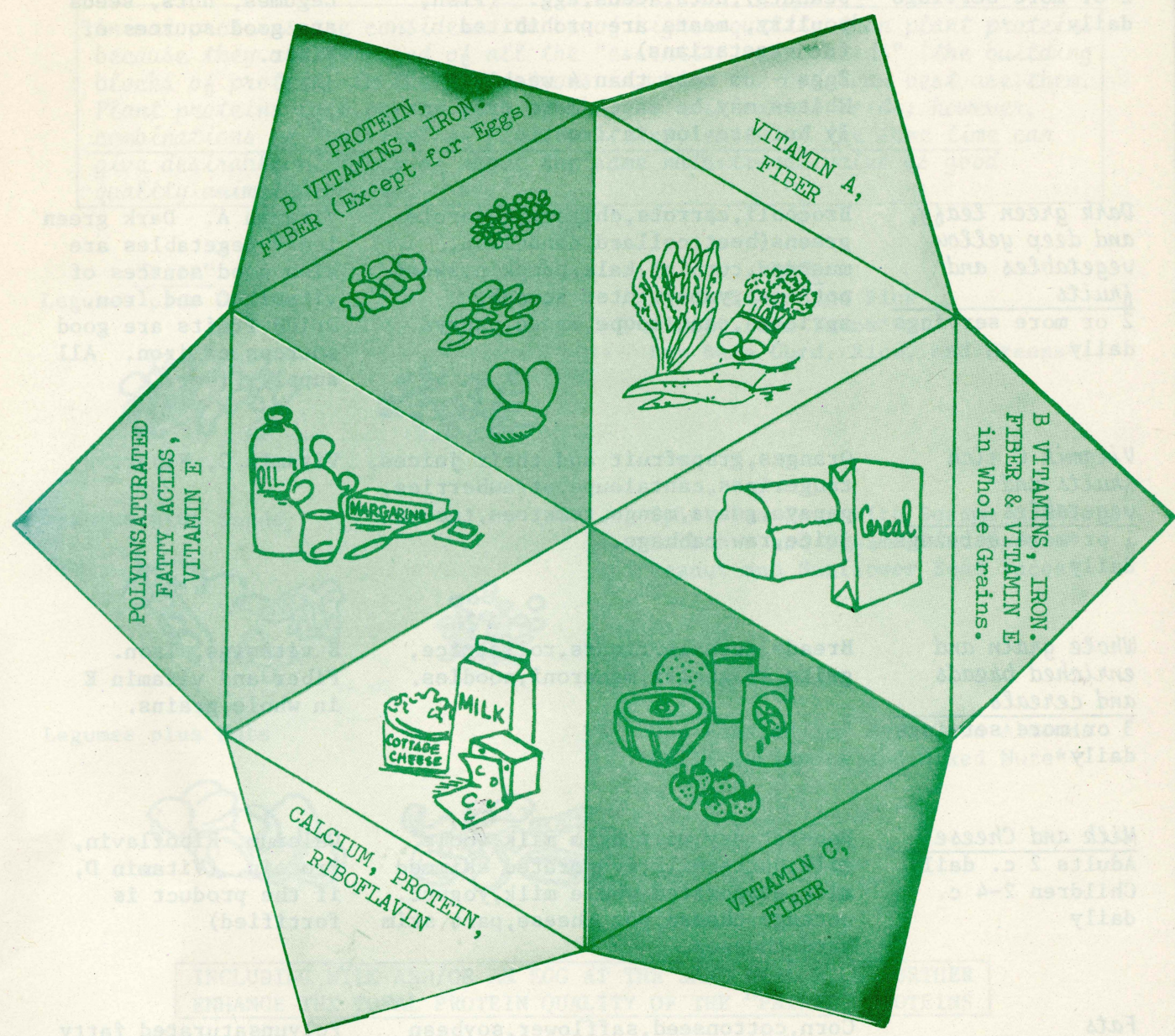
THE VEGETARIAN

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follows



the

STAR GUIDE TO GOOD EATING

Most foods contain more than one nutrient but no single food provides all the nutrients essential for good health. For this reason nutritionists stress the need to eat a variety of nourishing foods for both traditional and vegetarian eating patterns. These foods should be selected from the following groups:

Proteins

2 or more servings daily

Legumes(dried beans and peas, peanuts),nuts,seeds,egg. (Fish, poultry, meats are prohibited for vegetarians).
Eggs - no more than 4 weekly
Whites may be eaten more frequently but are low in iron.

B vitamins, Iron.
Legumes, nuts, seeds are good sources of Fiber.

Dark green leafy, and deep yellow vegetables and fruits

2 or more servings daily

Broccoli,carrots,chicory,escarole, greens(beet,collard,dandelion, mustard,turnip),kale,pumpkin,sweet potatoes,yams,winter squash, apricots,cantaloupe,mango,papaya.

Vitamin A. Dark green leafy vegetables are also good sources of vitamin C and Iron. Dried fruits are good sources of iron. All supply Fiber.

Vitamin C rich fruits and vegetables

1 or more servings daily

Oranges,grapefruit and their juices, tangerines,cantaloupe,strawberries, papaya,guava,mango,tomatoes,tomato juice,raw cabbage.

Vitamin C, Fiber.

Whole grain and enriched breads and cereals

3 or more servings daily

Breads,cereals,flours,rolls,rice, grits,spaghetti,macaroni,noodles.

B vitamins, Iron. Fiber and vitamin E in whole grains.

Milk and Cheese

Adults 2 c. daily
Children 2-4 c. daily

Non-fat dry milk,skim milk,whole milk,buttermilk,evaporated skimmed milk,evaporated whole milk,yogurt, cottage cheese,pot cheese,part skim hard cheeses.

Calcium, Riboflavin, Protein, (Vitamin D, if the product is fortified)

Fats

1-2 Tbsp. daily

Corn,cottonseed,safflower,soybean oils,margarine(first listed ingredient should be one of these oils)salad dressing,mayonnaise.

Polyunsaturated fatty acids, Vitamin E.

Potatoes, other vegetables and fruits are additional sources of good nutrition.

ALL OF THESE FOODS SUPPLY MANY OTHER NUTRIENTS AND MAY BE TAKEN IN LARGER AMOUNTS IF MORE CALORIES ARE REQUIRED

Obtaining sufficient proteins of good quality is of particular concern in planning Vegetarian Diets.¹

The Lacto-Vegetarian Diet² allows milk and its products as its only animal source of protein.

The Ovo-Lacto-Vegetarian Diet³ allows eggs as well as milk.

Animal proteins are considered to be of higher quality than plant proteins because they are composed of all the "essential amino acids" (the building blocks of protein) in the proportions in which the body can best use them. Plant proteins lack one or more of the essential amino acids; however, combinations or "pairing" of plant proteins, eaten at the same time can give desirable mixtures of about the same nutritional value as good quality animal proteins.

"PAIR"

Legumes plus Grains



FOOD

Black Beans and Rice

Kidney Bean Tacos*

Soy Bean Curd, Rice, and Greens*

Legumes plus Seeds



Split Pea Soup with Sesame Crackers*

Garbanzo and Sesame Seed Spread*

Peanut and Sunflower Seed Tacos*

Legumes plus Nuts



Dry Roasted Soy Beans and Almonds

Chili Garbanzos and Mixed Nuts*

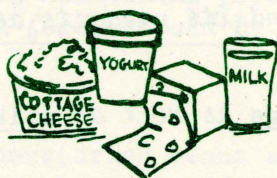
INCLUDING MILK AND/OR AN EGG AT THE SAME MEAL WILL FURTHER
ENHANCE THE TOTAL PROTEIN QUALITY OF THE "PAIRED" PROTEINS

1. The Strict Vegetarian or Vegan Diet prohibits the use of all animal products. Since it is not dealt with here, we suggest checking with a Nutritionist or Physician regarding its use.

2. & 3. Those with higher iron needs may be at risk on these regimes.
Males 11-18 yrs., females 11-50 yrs., pregnant and nursing women.

* Recipes are included.

Other Combinations for LACTO-VEGETARIANS



"PAIR"

FOOD

Grains plus Milk

Oatmeal and Milk
Macaroni and Cheese
Bulgur Wheat and Yogurt

Legumes plus Seeds plus Milk

Garbanzo Beans and Sesame Seeds in Cheese Sauce

Legumes plus Nuts plus Milk

Mixed Beans and Slivered Almonds with Yogurt Dressing

Legumes plus Milk⁴

Lentil Soup made with Milk
Peanuts and Cheese Cubes

Seeds or Nuts plus Milk⁵

Sesame Seeds mixed with Cottage Cheese
Chopped Walnuts rolled in semi-hard Cheese

Combinations for OVO-LACTO VEGETARIANS are many



"PAIR"

FOOD

Legumes plus Egg

Cooked Black Eye Peas with Egg Salad

Grains plus Egg

Buckwheat (Kasha) made with Egg

Grains plus Egg plus Milk

Potato Kugel*
Rice and Raisin Custard*
Cheese Muffins*

Seeds plus Egg plus Milk

Cheese Omelette with Sesame Seeds

4. & 5. Protein quality may not be as good as the other milk "pairs".

* Recipes are included.

"Most nutritionists agree that vegetarian diets can be adequate if sufficient care is taken in planning them".⁶

LACTO VEGETARIAN

Breakfast

Sample Menu I

½ c. grapefruit juice
1 c. oatmeal
1 sl. whole grain or enriched toast
1 pat margarine
½ c. skimmed milk

Sample Menu II

1 medium orange
½ c. cottage cheese
2 sl. whole grain or enriched toast
1 pat margarine
½ c. skimmed milk

Snack

½ c. yogurt
4-6 sesame bread sticks

1 sl. part-skimmed cheese
4-6 whole grain or enriched crackers

Lunch

Grilled cheese sandwich
(2 slices whole grain toast
(1 oz. cheese
(1 pat margarine
Tossed green salad-1 Tbsp. salad
dressing
Fresh fruit cup

1 c. split pea soup with sesame
crackers*
Tomato and cucumber salad-1 Tbsp.
dressing
Baked apple
½ c. skimmed milk

Snack

¼ c. raisins and ¼ c. peanuts

2 prunes and ¼ c. roasted soy beans

Supper

½ c. tomato juice
1 c. mixed bean salad*
Pancake delight*
Apple

Fresh fruit cup
1 c. baked macaroni and cheese
½ c. collard greens
1 sl. whole grain or enriched bread
2 pats margarine
½ c. junket

Snack

1 c. whole grain or enriched cereal
½ c. milk

1 whole grain or enriched roll
½ c. buttermilk

6. Food and Nutrition Board, National Research Council, National Academy of Science, "Vegetarian Diets", May, 1974.

* Recipes are included.

OVO-LACTO VEGETARIAN

Breakfast

Sample Menu I

- ½ medium cantaloupe
- 2 shredded wheat biscuits
- 1 sl. whole grain or enriched toast
- 1 pat margarine
- 1 c. skimmed milk

Sample Menu II

- ½ grapefruit
- 1 oz. sliced cheese
- 2 sl. whole grain or enriched toast
- 1 pat margarine
- ½ c. skimmed milk

Lunch

- 1 c. vegetable juice
- Egg salad sandwich
(2 slices whole grain bread
(1 medium egg
(1 Tbsp. diced celery
(1 tsp. mayonnaise
- Pear

- 1 c. black beans and rice
- Mixed green salad with ½ c. cottage
cheese and 1 Tbsp. dressing
- 1 sl. whole grain or enriched bread
- 1 pat margarine
- 1 slice cantaloupe

Snack

- 4 dried apricot halves and
¼ c. almonds

- 1 c. yogurt
- ¼ c. sunflower seeds

Supper

- 1 c. soy and brown rice loaf*
- ½ c. carrots
- ½ c. broccoli
- 1 pat margarine
- Waldorf salad
(½ c. diced apple
(1 Tbsp. diced celery
(1 Tbsp. raisins
(1 Tbsp. chopped walnuts
(1 Tbsp. mayonnaise
- ½ c. vanilla pudding

- 1 c. potato kugel*
- ½ baked acorn squash
- ½ c. cole slaw with 1 tsp. mayonnaise
- 1 sl. whole grain or enriched bread
- 1 pat margarine
- Pear

Snack

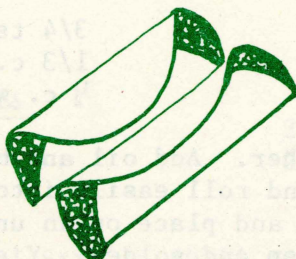
- 1 c. buttermilk or yogurt
- 4 graham crackers

- ½ c. milk
- ¾ c. bulgur wheat
- ¼ c. raisins

* Recipes are included.

RECIPES

"Paired Plant Proteins"



Kidney Bean Tacos

(a) Sauce

- | | |
|-----------------------------------|-----------------------|
| 6 medium tomatoes, chopped | 2 tsp. dried oregano |
| 1 c. onions, finely chopped | 1 tsp. honey |
| $\frac{1}{2}$ tsp. garlic, minced | 1 tsp. salt |
| | 1 c. red wine vinegar |

Combine ingredients in a bowl. Mix thoroughly and set aside.

(b) Beans

- | | |
|--|--------------------------------|
| 3 c. cooked kidney beans | $\frac{1}{2}$ c. chopped onion |
| $\frac{1}{2}$ tsp. chili powder, or to taste | 2 garlic cloves, minced |
| pinch cayenne, or to taste | 2 medium tomatoes, chopped or |
| $\frac{1}{2}$ tsp. salt, or to taste | 2/3 c. canned. |
| 1 tsp. oil | |

Combine the cooked kidney beans (directions on package) with the chili powder, cayenne, salt. In a large frying pan saute the onions and garlic in the oil. Add tomatoes, cook for 3 minutes. Mash the beans, keep adding them $\frac{1}{4}$ c. at a time, to the onion and tomato mixture. Cook for 10 more minutes, cover pan to keep the beans warm.

(c) Tortillas

- | | |
|---------------------|------------|
| 2 c. cornmeal flour | 1 c. water |
|---------------------|------------|

Combine cornmeal and water; knead to blend well, adding a little more water, if necessary, to hold the dough together. Shape into 12 balls. Roll out or press each ball between 2 sheets of waxed paper or pat by hand to form a 6 inch circle. Bake on a hot, lightly greased griddle until lightly browned (a minute or two on each side). Tortillas should be soft and pliable. Spoon the bean filling on to the tortillas. Roll. Top with the sauce. Yield: 12 Tortillas.

Soy Bean Curd, Rice and Leafy Greens

- | | |
|---|---------------------------------------|
| Oil as needed | Sesame salt or sesame seeds, to taste |
| $1\frac{1}{4}$ c. (or $\frac{1}{2}$ lb.) bean curd cut into | 2 c. cooked converted brown rice |
| 1 inch cubes | Soy sauce, as needed |
| $\frac{1}{2}$ lb. leafy green vegetables torn into | |
| bite size pieces | |
| (Chinese cabbage, watercress, spinach) | |

Oil a large frying pan and saute bean curd cubes about 5 minutes. Push cubes to center of pan and spread torn greens around them. Sprinkle with sesame salt or seeds and soy sauce. Cover and steam until wilted (about 3 minutes); do not over-cook. Remove from heat. Drain excess liquid. Serve with rice. Serves 2-3.

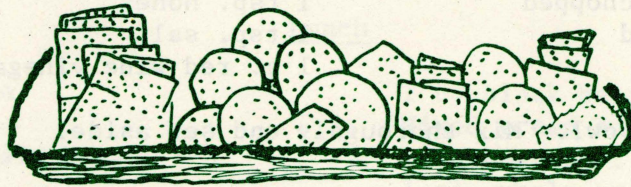
"Paired Plant Proteins" - continued

Sesame Seed Crackers

1½ c. whole wheat flour
¼ c. soy flour
¼ c. sesame seeds

¾ tsp. salt
1/3 c. oil
½ c. water (as needed)

Stir flours, seeds and salt together. Add oil and blend well. Add enough water to knead dough into a soft ball and roll easily into a thickness of 1/8 of an inch. Cut it into cracker shapes and place on an ungreased sheet. Bake at 350°F. for about 15-20 minutes until crisp and golden. Yield: 3-4 dozen crackers.



Garbanzo and Sesame Seed Spread

2/3 c. dry garbanzo beans
1 large onion, minced and sauteed
in 1 Tbsp. sesame oil
1-2 garlic cloves, minced
Juice of 2 lemons

1 Tbsp. soy sauce
½ tsp. salt
¼ c. sesame butter (tahini)
½ c. roasted sesame seeds, ground

Cook garbanzo beans according to package directions until very tender. Puree, or thoroughly mash them in a small amount of their cooking water, adding the sauteed onion, and minced garlic. When all are thoroughly blended add the remaining ingredients and mix thoroughly. Chill. Serve as a dip or as a filling. Serves about 8.

Peanut Sunflower Tacos

¾ c. raw peanuts, cooked
2/3 c. sunflower seeds, cooked
with the raw peanuts
1- 6 oz. can tomato paste
1 tsp. cumin seeds
½ tsp. dried crushed chili peppers
Pinch cayenne
2-3 cloves garlic

1/3 c. roasted sunflower seeds
1/3 c. roasted sesame seeds
tomato slices
chopped green onions and parsley
chopped lettuce tossed with wine
vinegar
8 tortillas - 8 inch size
(see recipe p.6)

Mix the cooked peanuts and cooked sunflower seeds, tomato paste, cumin seeds, chili peppers, cayenne, and garlic in a blender until smooth. Turn the mixture into a small saucepan and cook over low heat until very thick. Stir in the roasted sunflower and sesame seeds. Place the folded tortillas, filling, and remaining ingredients on separate platters. Each person can assemble individual tacos. Serves 8.

"Paired Plant Proteins" (continued)

Chili Garbanzos and Mixed Nuts

1/3 c. non-milk margarine
1/2 tsp. chili powder
dash of salt

2 c. garbanzos, cooked, not mushy
2 c. mixed nuts

Melt margarine in a saucepan. Stir in chili powder, salt, garbanzos and nuts. Turn into a 10 x 15 x 1 inch baking pan. Bake at 400°F. for about 15 minutes. Serve warm or cold. Serves 6-8.

Peanut and Sunflower Butter

3/4 c. peanuts
1 c. sunflower seeds

1/4 to 1/2 c. peanut or sunflower oil
salt, to taste

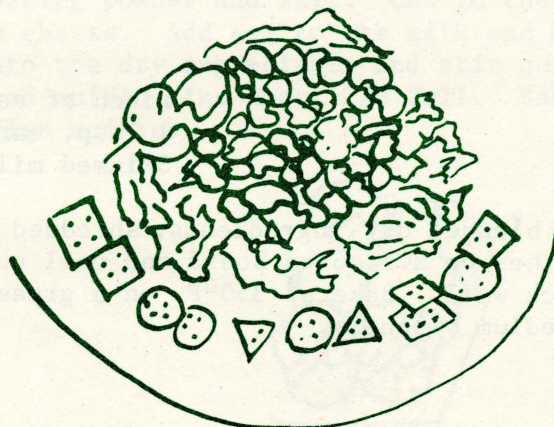
Grind the peanuts and sunflower seeds together in a blender, adding the oil slowly to start them into butter. Add salt to taste, if desired.

Mixed Bean Salad with Crackers

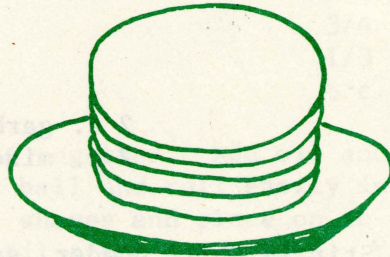
1 c. cooked garbanzos (1/2 c. dry)
1 c. cooked kidney beans (1/2 c. dry)
1 c. cooked black beans (1/2 c. dry)
1 c. cooked string beans
1/4 c. diced pimiento
1/4 c. diced onion

2 Tbsp. oil
1 Tbsp. lemon juice
1/4 tsp. salt
1/4 tsp. dried basil
Dark leafy greens
Crackers

Cook beans separately until they are tender but still firm. Drain well. Combine all the beans, cooked string beans, and the rest of the ingredients. Toss well and refrigerate. Serve on bed of dark leafy greens with crackers. Serves 4-6.



Lacto Vegetarian Recipes



Pancake Delight

2 c. buckwheat pancake mix
¼ tsp. caraway seeds
¼ tsp. tumeric powder
¼ tsp. curry powder

¼ tsp. allspice powder
1/8 tsp. celery seeds
¼ tsp. onion salt
2 c. buttermilk

Place pancake mix in a large bowl. Add spices and buttermilk. Stir lightly until well blended. Pour onto a lightly greased griddle or frying pan. Turn once. Yield: 16 medium pancakes.

Soy-Brown Rice Loaf

2 c. cooked mashed soy beans
1 c. cooked brown rice
1 c. milk
½ c. enriched bread crumbs

1 Tbsp. oil
1 Tbsp. powdered vegetable broth
2 Tbsp. minced onion
Salt as desired

Mix all ingredients well. Place in oiled loaf pan. Bake in a moderate oven, 350°F. for 45 minutes. If desired, moisten top with tomato sauce. Serves 4.

Nutty Biscuits

2 c. whole wheat flour
1 tsp. baking powder
1 c. chopped nuts

Pinch of salt
1 Tbsp. margarine
Skimmed milk, to mix

Make a firm paste with blended dry ingredients, shredded margarine, and skimmed milk. Blend well together on a floured board and roll out to ½ inch thickness. Cut into circles. Prick well. Bake at 350°F. on a greased tin, for about 20 minutes. Yield: 18 medium biscuits.

Ovo Lacto Vegetarian Recipes

Potato Kugel

6 medium raw potatoes	3 Tbsp. oil
2-3 raw carrots	2 tsp. salt
1 large onion	$\frac{1}{4}$ c. whole grain or enriched bread crumbs
1 clove garlic, minced	$\frac{3}{4}$ c. dry skim milk powder
2 eggs, beaten	<u>Topping</u> , if desired; 1 c. grated cheese

Grate potatoes, carrots, onion into a large bowl. Drain off the accumulated liquid. Stir in the remaining ingredients, adding the milk powder slowly to avoid lumps. Spread mixture on an oiled 7"x7" pan and bake at about 350°F. for about 45 minutes to 1 hour. Kugel is done when edges are brown and an inserted knife will test dry. If desired, add the grated cheese topping; let remain in oven 5 more minutes until cheese melts. Serves 8.

Rice and Raisin Custard

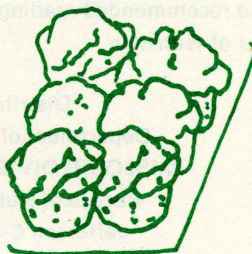
2 eggs	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ c. sugar	2 c. skim milk, scalded
$\frac{1}{4}$ tsp. nutmeg	1 c. cooked converted rice
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c. raisins, washed and drained

Beat eggs slightly. Add sugar, nutmeg, salt, vanilla. Beat until blended. Add scalded milk gradually, stirring constantly. Stir in rice and raisins. Pour into an oiled 4-6 cup baking dish. Place baking dish in a pan of hot water. Bake at 350°F. for about 1 hour or until set. Serves 4-6.

Cheese Muffins

2 c. sifted flour	$\frac{3}{4}$ c. grated cheese
3 tsp. baking powder	1 egg
1 tsp. salt	1 c. skim milk
4 Tbsp. margarine	

Combine sifted flour, baking powder and salt. Cut in the margarine with two knives. Add the grated cheese. Add egg to the milk and beat slightly. Pour the egg-milk mixture into the dry ingredients and stir quickly, just enough to moisten them. Fill oiled muffin tins about $\frac{2}{3}$ full. Bake at 400°F. for 20-25 minutes. Yield: 12 medium muffins.



COOKING TIMES & PROPORTIONS FOR DINNER GRAINS

Grain (1 cup dry measure)	Water	Cooking time	Yield
Barley (whole)	3 cups	1 hour 15 minutes	3½ cups
Brown rice	2 cups	1 hour	3 cups
Buckwheat (kasha)	2 cups	15 minutes	2½ cups
Bulgur wheat	2 cups	15-20 minutes	2½ cups
Cracked wheat	2 cups	25 minutes	2½ cups
Millet	3 cups	45 minutes	3½ cups
Coarse cornmeal (polenta)	4 cups	25 minutes	3 cups
Wild rice	3 cups	1 hour or more	4 cups
Whole wheat berries	3 cups	2 hours	2½ cups
Black beans	4 cups	1½ hours	2 cups
Black-eyed peas	3 cups	1 hour	2 cups
Garbanzos (chickpeas)	4 cups	3 hours	2 cups
Great northern beans	3½ cups	2 hours	2 cups
Kidney beans	3 cups	1½ hours	2 cups
Lentils & split peas	3 cups	1 hour	2¼ cups
Limas	2 cups	1½ hours	1¼ cups
Baby limas	2 cups	1½ hours	1¾ cups
Pinto beans	3 cups	2½ hours	2 cups
Red beans	3 cups	3 hours	2 cups
Small white beans (navy, etc.)	3 cups	1½ hours	2 cups
Soybeans	4 cups	3 hours or more	2 cups
Soy grits	2 cups	15 minutes	2 cups

This chart is reprinted by permission from *Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition*, copyright 1976 by Nilgiri Press, Petaluma, California.

Recommended for further reading:

Robertson, Laurel. Carol Flinders and Bronwen Godfrey. *Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition*, Berkeley: Nilgiri Press, 1976.

Lappe, F. M. *Diet for a Small Planet*, New York: Ballantine Books, Inc., 1971.

Ewald, E. B. *Recipes for a Small Planet*, New York: Ballantine Books, Inc., 1975.

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